

Injecting DRUGS *Doesn't* *Have to Mean* Getting HIV

You deserve to be safe from HIV and AIDS. Learn how to protect yourself from HIV.

Safer things to do:

- Clean your skin with alcohol where you are going to inject.
- Clean your needles and works with bleach and water.
- Learn how to use your own works and don't share with anyone!
OR
- Use a new needle every time you inject.
OR
- Use the needle exchange programs listed on the back of this brochure to get clean needles.
- Find out about drug treatment programs (call **1-800-327-5050** for more information).
- Carry condoms with you and use a new one each time you have anal or vaginal sex.
- Use a water-based lubricant. Oils, petroleum jelly, or hand and body lotions make condoms break.
- Oral sex is less risky than anal or vaginal sex. Do not have oral sex if you have mouth sores or cuts.

These are not safe:

- Having vaginal or anal sex without a condom.
- Sharing needles, works, cookers, or cotton balls.
- Buying needles on the street.

Cleaning your needles and works can protect you from HIV

Use your own works and keep them clean with laundry bleach and water from a faucet.

STEP 1

- Fill the syringe with water
- Shake it, shake it, shake it
- Push the water out
- Do this 3 times

STEP 2

- Fill the syringe with pure laundry bleach
- Shake it, shake it, shake it
- Push the bleach out
- Do this 3 times

STEP 3

- Fill the syringe
- Shake it, shake it, shake it
- Push the water out
- Do this 3 times

You can have HIV and not know it. But knowing it is a first step in dealing with it. The sooner you know, the sooner you can get care and services.

You can get tested for HIV easily in Massachusetts

Call the AIDS Action Committee Hotline at **1-800-235-2331** to find out about free HIV testing and support services near you. Many community health centers, clinics, and hospitals provide HIV testing, counseling services, and other medical care. Get tested for HIV!

HIV

Human Immunodeficiency Virus

causes

AIDS

Acquired Immune Deficiency Syndrome

HIV is found in the blood, semen, vaginal fluids, or breast milk of someone infected with HIV.

It is harder to stay healthy if you inject drugs. You can get HIV from shared needles and works, and from sex without condoms. Anything you do to protect yourself is a step in the right direction.

You can get HIV by:

- Having vaginal or anal sex without a latex condom with someone who has HIV.
- Sharing needles or works with someone who has HIV, including needles for tattooing or piercing.
- Having vaginal or anal sex without using a latex condom with someone who shares needles.

Want more information?

All calls are confidential.

AIDS Action Committee Hotline
1-800-235-2331 (English, Spanish)
TTY: 617-437-1672

Information, support, and referrals on HIV/AIDS, STDs, and Hepatitis transmissions, testing, and treatment

Massachusetts Substance Abuse Information and Education Helpline
1-800-327-5050
TTY: 617-536-5872

Information and referrals to treatment and self-help groups

Needle exchange information

Boston 617-771-2138
1-800-383-2437
Cambridge 617-661-3040
617-680-1063
Northampton 413-586-2016, x164
1-800-696-7752, x164
Provincetown 508-487-8311
1-866-NOTOHIV (1-866-668-6448)

Get Tested. Get Care. Get Support.

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